Jin Gui Yao Lue - 金匱要略
Chang Chung Ching (Zhang Zhongjing)

Chang Chung Ching [Zhang Zhongjing] is the most famous of China's ancient herbal doctors. He is known for his book, which was later divided into two parts: Shang Han Lun and Chin Kuei Yao Lueh [Jin Gui Yao Lue]. In particular, the section known as the Shang Han Lun became the fundamental text for all traditional herb prescribing. Not only did it contain over 100 effective formulas (many of them still used today), but the text implied a theoretical framework that led to hundreds of books analyzing, explaining, and reforming it. The other section is best known for some of the formulas, such as the gynecological remedy Tang-kuei and Peony Formula [Dangguai Shaoyao San] which is today applied to infertility, disorders during pregnancy, prevention of miscarriage, and post-partum weakness. His work might have been lost had it not been for the efforts of Wang Shu-Ho.
Introduction

- Together with the **Shang Han Lun** (On Cold Damage-傷寒論) and **Jin Gui Yao Lue** (Essential Prescriptions of the Golden Cabinet-金櫃要略) is widely studied and used by Chinese Medicine practitioners.

- As the earliest extant classics on medicinal formulas, they were originally rendered as a single text of sixteen scrolls called the Shang Han Za Bing Lun (On Cold Damage and Miscellaneous Diseases傷寒雜病論) by Zhang Ji (Zhang Zhong-Jing 張仲景) during the Eastern Han period, around the second century CE.
Zhang integrated these two relatively new theories of systematic correspondence laid down in the “Huang Di Nei Jing” and the “Nan Jing”. By combining theoretical etiologies with detailed diagnosis and treatment.

The Jin Gui Yao Lue covers diseases other than external contractions, including lung diseases, water swelling, phlegm diseases, dispersion-thirst, impediment (Bi Syndrome), summer stroke, mounting diseases, and gynecological disorders.
Introduction

- As the title suggests, “Shang Han Lun” discusses the diagnosis and treatment of cold damage conditions, which are conditions related to external contraction, especially of wind and cold.
- “Jin Gui Yao Lue” is thought to reflect that section of the original “Shang Han Za Bing Lun” that was called “miscellaneous diseases”, basically a catch-all phrase for any conditions which could not be traced to externally contracted evils.
General Rules

- the following chapters each discuss a disease or category of diseases in terms of causes, main symptoms and pulses, pattern identification, treatment principles, and prognosis, with occasional reference to adverse or contraindicated treatments or transmuted variations or stage of the disease covered in that chapter.
Chapter 6

Pulse, Patterns, and Treatment of Blood Impediment and Deficiency Taxation
OVERVIEW

- **Blood Impediment (Xue Bi) 血痹:**
  - Impediment means blockage. Blood impediment is a condition characterized by localized numbness or lack of sensation mainly attributed to an underlying insufficiency of Qi and Blood followed by an external contraction of wind.

- **Deficiency Taxation (Xu Lao) 虛勞:**
  - Is a term that refers to chronic and consumptive disease in general, but also to detriment and deficiency of the viscera and bowls with depletion of Qi and Blood.
Blood Impediment (Xue Bi) 血痹

- **Line 1:**
- *(Q)* From where does one contract blood impediment disease?

- *(A)*: Those who live in comfort have weak bones and an abundance of flesh and skin. They are also often fatigued and sweating, with frequent tossing and turning while lying down. If exposed to breeze at this time, they will develop this condition. The pulse is faint and rough, but small and tight at the inch opening and bar. At this time, it is most appropriate to conduct yang Qi with needles. When the pulse becomes harmonized, the tightness will disappear and the patient will be cured.
This line discusses the etiology and pulse images associated with blood impedance.

- **Etiology:** upright Qi insufficiency followed by the contraction of an external evil.

- **Pulse Images:**
  - Debilitated pulses indicate yang Qi deficiency
  - The rough quality indicates blood stagnation
  - Tight pulses indicate wind-cold
    - Since the external invasion is relatively superficial, tight pulses only manifest at the inch opening and bar positions
Severe Blood Impediment

Line 2:
For blood impediment with dual debilitation of yin and yang, faint pulses at the inch opening and bar position, small and tight pulses at the cubit position, and the external sign of generalized numbness resembling that of wind impediment, *Huang Qi Gui Zhi Wu Wu Tang* (Astragalus and Cinnamon Twig Five Decoction) is indicated.
Huang Qi Gui Zhi Wu Wu Wu Tang (Astragalus and Cinnamon Twig Five Decoction)

- Huang Qi 3 Liang
- Bai Shao 3 Liang
- Gui Zhi 3 Liang
- Shen Jiang 6 Liang
- Da Zao 12 Pcs

*Some resources add Ren Shen*
Zhang Zhong-Jing Weight-Measures

- Weights and measures in Zhang’s ZJ time followed a system that bears resemblance to the those that are now labeled as ”traditional”: as opposed to modern metric weights / measures now commonly used in Chinese world.
## Weights & Measures

<table>
<thead>
<tr>
<th>UNIT</th>
<th>Traditional Equivalent</th>
<th>Metric Equivalent</th>
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<tbody>
<tr>
<td><strong>WEIGHT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAN 石</td>
<td>120 JIN</td>
<td>300 Kg</td>
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<tr>
<td>JIN 斤</td>
<td>16 LIANG</td>
<td>250 grams</td>
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<tr>
<td>LIANG 朱</td>
<td>1/16 OF A JIN</td>
<td>15.6 grams</td>
</tr>
<tr>
<td>ZHU 朱</td>
<td>1/12 OF 1 LIANG</td>
<td>1.3 grams</td>
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# Volume

<table>
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<tr>
<th>Dou 斗</th>
<th>10 Sheng</th>
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<tbody>
<tr>
<td>Sheng 升</td>
<td>1/10 of a Dou</td>
<td></td>
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<tr>
<td>Ge 合</td>
<td>1/10 of a Sheng</td>
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<tr>
<td>Qian-spoonful 錢匕</td>
<td>1.5-1.8 grams</td>
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<tr>
<td>Square-inch-spoonful 方寸匕</td>
<td>5 ml</td>
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</tbody>
</table>
Analyses

- **Faint pulses at the inch opening and bar position:**
  - Faint pulse at the inch position indicates insufficiency of yang Qi.

- **Small and tight pulses at the cubit position:**
  - Indicates contraction of an external evil.
Treatment Method

- Qi boosting, yang-freeing, and ying and wei harmonizing methods.

- **Huang Qi Gui Zhi Wu Wu Wu Tang:**
  - Gui Zhi Tang with double the amount of Sheng Jiang & Huang Qi.
  - Analyze:
  - Free yang Qi and boost Qi: Gui Zhi + Huang Qi
  - Diffuse exterior: Gui Zhi + Sheng Jiang
  - Harmonize ying, boost Qi: Da Zao + Bai Shao
Clinical Application:

- Arthritis
- Peripheral neuritis
- Sciatica
- Post-stroke syndrome
- Bi Syndrome (Qi & Blood Deficiency with Exterior Wind accumulation)
Bian Zheng 辨症 is a Chinese word meaning “differentiation of syndrome.” Along with Bian Bing (differentiation of disease), Bian Zheng is one aspect of Zhen Duan 診斷 (diagnosis) the differential diagnosis used by practitioners of Chinese Medicine, to formulate a diagnosis. (辨病論治)
Bian Zheng 辨症 & Bian Bing 辨病

- Bian Zheng is the description of how a disease manifests in a specific individual at a particular point in time. The distinction between Bian Zheng (differentiation of syndrome) and Bian Bing (differentiation of disease) characterizes the unique power of Chinese Medicine.

- It points to the fact that two people may be manifesting the “same” disease mechanism -- but that the underlying pattern of disharmony which is the etiology (cause) of the manifest disease can be quite different, from one person to the other.
Deficiency Taxation-Pulses

- **Line 3:**
  - In a normal man, large pulses indicate taxation; extremely deficient pulses also indicate taxation.

- This line discusses the pulse images associated with deficiency taxation.

- Large pulses/deficiency taxation:
  - 1. Excess: a broad and forceful pulse.
  - 2. Deficiency: forceless pulse. (When lightly palpated, and also when pressed deeply.)
  - 3. Yin deficiency with yang floating outward.
Commentary

- The pulses associated with deficiency taxation are also in patterns of KD deficiency.

- True yin deficiency causing deficient yang floating outward is characterized by large, floating pulses.

- Yang insufficiency is characterized by extremely deficient, sunken, and slow or tight pulses.
Pattern Differentiation-Diagnosis and the Four Examinations

- **Line 4:**
  - A thin facial complexion among men indicates thirst and blood collapse. Sudden panting and palpitation with floating pulses indicate internal deficiency.

- This line discusses signs of deficiency taxation according to the 4 Examinations.

- HT governs blood and its bloom is in the face; as insufficient yin-blood fails to nourish the face, a pale white facial complexion appears.

- Fluids and blood are from the same source; yin-blood insufficiency also suggests a deficiency of fluids that can manifest with thirst.
Sudden panting and palpitation with floating pulses indicate internal deficiency

- KD governs Qi absorption; KD Qi deficiency with failure to absorb Qi and deficient HT blood failing to nourish the HT manifests with sudden panting and palpitation.

- Blood deficiency with yang Qi floating outward manifests with floating pulses as seen in deficiency taxation patterns. Thus the statement “floating pulses indicates internal deficiency.”
Floating pulses not only indicate an exterior pattern, but also internal deficiency.

The former is characterized by the appearance of floating and forceful pulses as upright Qi contents with evil Qi.

The latter is characterized by floating and forceless pulses associated with blood deficiency and yang floating outward.

A floating pulse can be considered a sign of internal deficiency only when accompanied by other signs of deficiency, chronic disease, or blood collapse.
Patterns and Treatment

DEFICIENCY TAXATION AND LOSS OF ESSENCE

- **Line 8:**
  - A person who suffers from seminal loss will present with tension and urgency of the lower abdomen, cold in the glans penis, blurry vision, and hair loss.
  - Extremely deficient, scallion-stalk, and slow pulses indicate that clear-food diarrhea, blood collapse, and seminal loss may occur.
  - Scallion-stalk, stirred, faint or tight pulses reflect seminal loss in men, and dreaming of intercourse in women.
  - *Gui Zhi Jia Long Gu Mu Li Tang* (Cinnamon Twig Decoction plus Dragon Bone and Oyster Shell) is indicated.
In deficiency taxation disease, two sets of pulses may arise:

- Scallion-stalk and stirred pulse (虛孔): ascribed to yang
- Faint and tight: ascribed to yin

These pulse images are listed together to illustrate that dual deficiency of yin and yang is the common path mechanism for men with frequent seminal emission, and also for women who dream of intercourse. Yin not secured by yang causes seminal loss; while yang not secured by yin results in dreaming of intercourse.
Gui Zhi Jia Long Gu Mu Li Tang

- Harmonize yin and yang
  - Gui Zhi 3 liang
  - Bai Shao 3 liang
  - Shen Jiang 3 liang
  - Gan Cao 2 liang
  - Da Zao 12 pcs

- Subdue yang, astringe yin and secure essence
  - Long Gu 3 liang
  - Mu Li 3 liang
DEFICIENCY TAXATION AND ABDOMINAL PAIN

Line 13:

For deficiency taxation with abdominal urgency, palpitations, nosebleed, abdominal pain, dream emission, soreness and pain of the four limbs, vexing heat of the extremities, and dryness of mouth and throat, *Xiao Jian Zhong Tang* (Minor Center-fortifying Decoction) is indicated.
This line discusses the patterns and treatment of deficiency taxation with dual deficiencies of yin and yang.

- Yin and yang are interdependent; therefore the development of deficiency taxation involves detriment to yin affecting yang, and detriment to yang affecting yin.
Treatment: Fortify the Middle Jiao

- Middle-warming, Spleen-fortifying, Qi-boosting, and blood engendering methods.

- **Sweet + Warm:**
  - Yi Tang, Da Zao and Gan Cao act to supplement the SP and fortify the Middle Jiao.

- **Acrid + Sweet:**
  - Gui Zhi + Sheng Jiang to free yang and regulate Wei Qi.
  - Bai Shao: preserves yin and also acts as an assistant to harmonize ying and wei.
Xiao Jiang Zhong Tang

- Xiao Jiang Zhong Tang: Gui Zhi Tang + Yi Tang, with twice the dosage of Bai Shao.
  - Gui Zhi: 3 lian
  - Gan Cao: 3 liang
  - Da Zao: 12 pcs
  - Bai Shao: 6 liang
  - Sheng Jiang: 3 liang
  - Yi Tang: 1 sheng
Xiao Jiang Zhong Tang treats patterns of yin and yang dual deficiency, but it does require modification in cases with predominant signs of yang deficiency or internal heat.
Clinical Application:

- Chronic gastritis
- Chronic hepatitis
- Blood diseases such as anemia
- Xiao Ke Syndrome (SP Qi deficiency pattern associated with low grade fever)
For deficiency taxation, abdominal urgency, and the various kinds of insufficiency, Huang Qi Jian Zhong Tang (Astragalus Center-Fortifying Decoction) is indicated.

- Add ½ liang of Huang Qi to Xiao Jian Zhong Tang

**Modifications:**

- Shortness of breath and fullness in the chest + Sheng Jiang
- Abdomen fullness, (-) Da Zao and + ½ Fu Ling (Poria)
- LU deficiency + Ban Xia
Commentary

- For ST pain associated with patterns of SP-ST deficiency Cold.
Deficiency Taxation and Lumbar Pain

- **Line 15:**
  - For deficiency taxation manifesting with lumbar pain, lower abdominal hypertonicity, and inhibited urination, Ba Wei Shen Qi Wan (Eight-ingredient KD Qi pill) is indicated.

- **Ingredients:**
  - Di Huang: 8 liang
  - Shan Yao: 4 liang
  - Fu Ling: 3 liang
  - Gui Zhi: 1 liang
  - Shan Zhu Yu: 4 liang
  - Ze Xie: 3 liang
  - Mu Dan Pi: 3 liang
  - Fu Zi: 1 liang
Commentary

- A classic ancestral formula for KD supplementation.

- Clinical applications:
  - Hypertension, urinary conditions, premature ejaculation, Xiao Ke Syndrome (KD deficiency), withdrawal syndrome with cortisone use.
  - Metabolic regulation; beneficial for renal function; anti-oxidant; regulates immune system, and lowers cholesterol levels.
Deficiency Taxation and Wind Evil

- **Line16:**
  - For deficiency taxation with various kinds of insufficiency and diseases caused by wind Qi, Shu Yu Wan (Dioscorea Pill) is indicated.
## Shu Yu Wan (Dioscorea Pill)

- **Shan Yao** Dang Gui Gui Zhi
- **Shen Qu** Di Huang Dou Juan
- **Gan Cao** Ren Shen Chuan Xiong
- **Bai Zhu** Bai Shao Mai Men Dong
- **Xing Ren** Chai Hu Jie Geng
- **Fu Ling** E Jiao Gan Jiang
- **Bai Wei** Fang Feng Da Zao
This line discuss the patterns and treatment of deficiency taxation as associated with upright Qi deficiency when accompanied by contraction of external evil.

Manifestations include a white facial complexion, shortness of breath, lack of strength, poor appetite, and fine and faint pulses. There is also exterior symptoms such as aversion to cold, heat effusion and coughing.
Treatment Method:

- Dispel evil while mainly regulating and supplementing the SP and ST.
- **The goal:** dispel evil while also avoiding damage to upright Qi.
  - Attacking the evil can cause damage to upright Qi, and supplementing upright Qi will cause the evil to remain inside the body.
Commentary

- **First**: for deficiency taxation, treatment should primarily regulate and supplement the SP/ST.

- **Second**: for patterns of upright Qi deficiency with abiding evil, the main treatment principle is to supplement the upright Qi while simultaneously dispelling the evil.
Clinical Application:

- SP/ST deficiency
- Qi and blood depletion with concurrent exterior patterns
- Anti-oxidant
- Slowing down the aging process
Deficiency Taxation and Insomnia

- **Line 17:**
  
  - For deficiency taxation with deficiency vexation causing an inability to sleep, Suan Zao Ren Tang (Sour Jujube Decoction) is indicated.
  
  - Suan Zao Ren
  - Gan Cao
  - Zhi Mu
  - Fu Ling
  - Chuan Xiong
Analysis

- This line discusses the pattern and treatment of deficiency taxation as associated with HT/Liver yin-blood deficiency manifesting with sleeplessness.

- Treatment: yin-nourishing, HT-Clearing, and spirit-calming.
Commentary

- Zhi Zi Chi Tang (Gardenia and Fermented Soybean Decoction):
  - Shang Han Lun formula
  - Used to treat deficiency with an inability to sleep.
  - Since this formula also treats patterns of heat lingering internally following febrile disease, an excess pattern of internal heat is involved.
Deficiency Taxation and Blood Dryness

- **Line 18:**
  - For the five taxations with extreme deficiency, emaciation, abdominal fullness with an inability to eat or drink, food damage, anxiety damage, drink damage, sexual intemperance damage, hunger damage, taxation damage, channel-collateral and yin-wei damage, internal dry blood, encrusted skin, and darkened eyes; the treatment principle is to slowly dispel stasis while also supplementing the deficiency.
  - *Da Huang Zhe Chong Wan* (Rhubarb and Eupolyphaga Pill) is indicated.
<table>
<thead>
<tr>
<th>Da Huang</th>
<th>Huang Qin</th>
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<tbody>
<tr>
<td>Gan Cao</td>
<td>Tao Ren</td>
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<tr>
<td>Xing Ren</td>
<td>Bai Shao</td>
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<tr>
<td>Di Huang</td>
<td>Gan Qi</td>
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<tr>
<td>Meng Chong</td>
<td>Shui Zhi</td>
</tr>
<tr>
<td>Qi Cao</td>
<td>Zhe Chong</td>
</tr>
</tbody>
</table>
GAN QI 乾漆 Resina Toxicodendri

- **Other Names**: “Dried lacquer”
- **Toxicodendri**
- **Properties**:
  - Acrid Bitter: Liver/Stomach
- **Dosage and Toxicity**
  - Toxic
    - MAX: 0.06 - 0.1 gm
    - Pill form only!
- **Functions**
  - Breaks up blood stagnation, eliminates stasis and opens the channels (hardness or mass accumulation)
  - Kills parasites
Nomenclature
- Tabanus Gadfly

Other Names
- Gadfly

Properties:
- Bitter
- Liver

Dosage and Toxicity
- Slightly Toxic
  - 1 - 1.5 gm

Functions
- Breaks up and eliminates blood stasis (amenorrhea, palpable masses, trauma)
Other Names: Leech

Properties:
- Salty Bitter
- Liver

Dosage and Toxicity:
- Slightly Toxic
- 3 - 6 gm

Functions:
- Breaks up and eliminates blood stasis
  (amenorrhea, palpable masses, trauma)
Zhe Chong

- **Pharmaceutical:** Eupolyphaga seu Opishoplatia
- **Botanical:** Eupolyphaga sinensis walk., Steleophaga plancyi (Bol.) (Blattaria)
- **Other names:**
  - Di Bie Chong, Tu Bie Chong, Tu Yuan
- **Actions:**
  - Breaks up the Blood.
  - Eliminates Blood accumulation.
  - Strengthens the sinews and bones.
Analysis

- This line discusses the patterns and treatment of deficiency taxation as associated with blood dryness.
- Extreme deficiency and emaciation is the ultimate result of the five taxations and seven damages that eventually lead to severe depletion of Qi and blood.
- Since deficiency taxation is a chronic condition, when untreated, patterns of static blood appear because upright Qi cannot move blood normally. Static blood then becomes dry blood over a period of time.
Static blood in the middle Jiao blocks ST Qi, and SP fails to properly govern transportation causing abdominal fullness and inability to eat and drink.

If static blood is not eliminated, new blood is not engendered, the fleshy exterior fails to receive nourishment, and encrusted skin appears.

Essential Qi of the five viscera and six bowels normally flows upward to the eyes; as the eyes are deprived of nourishment the eyeball becomes darkened, also indicating the presence of static blood.

Treatment:
- Stasis-dispelling and deficiency-supplementing methods.
Clinical Application:

- A number of conditions associated with static blood
- Gynecological (Hysteromyoma; infertility – chronic pelvic inflammation; amenorrhea)
- Psoriasis
- Liver enlargement
Deficiency Taxation and HT Palpitations

- *Zhi Gan Cao Tang* (Honey-fried Licorice Decoction) from the *Qian Jin Yi*:
  - Indicated for deficiency taxation and insufficiency that manifests with sweating, oppression, bound pulses, and palpitations.
  - Patients with no problem moving about will pass away within a hundred days; those in critical condition will not survive eleven days.
<table>
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<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Gan Cao</td>
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<tr>
<td>Gui Zhi</td>
<td>3 lian</td>
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<tr>
<td>Sheng Jiang</td>
<td>3 lian</td>
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<tr>
<td>Mai Men Dong</td>
<td>1/2 sheng</td>
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<tr>
<td>Huo Ma Ren</td>
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<td>Ren Shen</td>
<td>2 lian</td>
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<tr>
<td>E Jiao</td>
<td>2 lian</td>
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<tr>
<td>Da Zao</td>
<td>30 pcs</td>
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<tr>
<td>Di Huang</td>
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This line discusses the pulses, patterns, and treatment of HT disease associated with deficiency taxation.

Treatment: HT Qi-boosting and HT blood-nourishing methods.
Commentary

- Shang Han Lun: for cold damage with bound and intermittent pulses and stirring HT palpitation, Zhi Gan Cao Tang is indicated.
Clinical application:

- Angina
- Viral myocarditis
- Irregular HT rate and palpitation with interrupted pulses.
<table>
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<tr>
<th>DISEASE PATTERN</th>
<th>ASSOCIATED PATHOMECHANISMS</th>
<th>PRINCIPLES of Tx</th>
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<tr>
<td>BLOOD IMPEDIMENT</td>
<td>Severe impediment</td>
<td>Yin &amp; Yang dual debilitation, deficiencies of Qi, blood, ying, wei</td>
<td>Boost Qi, free yang, Harmonize ying &amp; wei</td>
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<tr>
<td>DISEASE PATTERN</td>
<td>ASSOCIATED PATHOMECHANISMS</td>
<td>PRINCIPLES of Tx</td>
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<tr>
<td>DEFICIENCY TAXATION</td>
<td>Seminal loss, Yin &amp; yang dual deficiency</td>
<td>Harmonize yin &amp; yang, subdue yang, astringe yin, secure essence</td>
<td>Gui Zhi Long Gu Mu Li Tang</td>
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<td>Abdominal pain, Yin &amp; yang dual deficiency, cold-heat complex</td>
<td>Warm Middle, fortify SP, boost Qi, engender blood</td>
<td>Xiao Jian Zhong Tang</td>
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<td>Abdominal urgency, Deficiencies of Qi, blood, yin, or yang, SP deficiency</td>
<td>Warm yang, Supplement Qi</td>
<td>Huang Qi Jian Zhong Tang</td>
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<tr>
<td>DEFICIENCY TAXATION</td>
<td>Lumbar pain</td>
<td>KD yin &amp; yang dual deficiency</td>
<td>Warm yang, nourish yin, supplement KD Qi</td>
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<td>Wind evil</td>
<td>Exterior wind, upright Qi insufficiency</td>
<td>Support the upright and dispel evil, regulate and supplement SP/ST</td>
<td>Shu Yu Wan</td>
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<td>Sleeplessness</td>
<td>HT &amp; Liv yin – blood deficiency, deficiency heat</td>
<td>Nourish yin, clear heat, calm the spirit</td>
<td>Suan Zao Ren Tang</td>
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<tr>
<td>Blood Dryness</td>
<td>Blood deficiency &amp; stasis</td>
<td>Dispel stasis, supplement deficiency</td>
<td>Da Huang Zhe Chong Wan</td>
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<tr>
<td>Palpitation</td>
<td>HT Qi insufficiency, Qi &amp; blood deficiency</td>
<td>Boost HT Qi, nourish blood</td>
<td>Zhi Gan Cao Tang</td>
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